



Volume 25
Issue 6
November/December
2025

The New Sun Times

New Fairfield Senior Center Newsletter

Happy Holidays!

Here come the holidays and the best way to enjoy them is to:

Read. Read quietly and thoughtfully.

Eat wisely. More veggies but don't deny sweets, just be selective.

Laugh. Laugh again – it feels so good.

Ahh! Take a cleansing breath

Xpectations – lower them. Whatever happens is okay. Que sera, sera.

Then come to the Senior Center, **Relax** and **ENJOY!** And be thankful!



Thanks

to our team for the Walk to End Alzheimer's



Thanks to the Friends for an amazing Craft Fair. Still some items left- Come see the aftersales table .

Please note all the
Thanks in this issue.
We have so much to be
thankful for this
Thanksgiving



Thanks to Salem and Ruth for being good sports at our Oktoberfest.



Thanks Tim for teaching us
how to make Mozzarella



Medicare Open Enrollment Events with the Western CT Area Agency on Aging
Wednesday, November 5th at 1:30 pm
Preparing for Open Enrollment Presentation

Helping You Make Sense of Medicare

TOPICS Include: *What changes you can make, *reviewing your current plan, what to look for, *comparing Advantage Plans with Part D Plans, *avoiding late enrollment penalties and scams
Q&A with a certified CHOICES counselor

You can become a CHOICES VOLUNTEER

Sign Up Today & Lead Your Community to Better Health!

Gain in-depth knowledge of Medicare and Medicaid, to guide clients with confidence.

We are offering a mix of virtual and in-person options for training sessions.

Topics include: The parts of Medicare, Medigap, eligibility, coverage, costs, appeals, coordination of benefits, transitions, & cost assistance programs.

Contact the SHIP/CHOICES program: 203-757-5449 x 4 or 1-800-994-9422

Spring Training Application Deadline: Friday, Feb 20th Training begins: March 10th

All About WCAAA Programs: Thursday, December 4 at 1:30

The Western Connecticut Area Agency on Aging will be here to give a very informative program about available resources. Come learn about services that support healthy aging and enhance your quality of life.



Thanks to our Veterans
Attend the
Veterans Day Ceremony
November 11th at 11:00 am
at the Veterans Green
25 Route 37
Senior Center Closed

November 4
Election Day
Senior Center Programs
cancelled for polling

November Movies

“Primal Fear”: November 7

Defense attorney Martin Vail takes on jobs for money and prestige rather than any sense of the greater good. His latest case involves an altar boy, accused of brutally murdering the archbishop of Chicago. As the case progresses and the Church's dark secrets are revealed, Vail finds that what appeared a simple case takes on a darker, more dangerous aspect.

“Grand Torino”: November 14.

Retired auto worker and Korean War vet Walt Kowalski (Clint Eastwood) fills emptiness in his life with beer and home repair, despising the many Asian, Latino and black families in his neighborhood. Walt becomes a reluctant hero when he stands up to the gangbangers who tried to force an Asian teen to steal Walt's treasured car. An unlikely friendship develops between Walt and the teen, as he learns he has more in common with his neighbors than he thought.

“An Unfinished Life”: November 21

Einar (Robert Redford), a recovering alcoholic rancher who lives with his loyal pal Mitch (Morgan Freeman), gets an unexpected visit from his daughter-in-law, Jean (Jennifer Lopez), and granddaughter, Griff (Becca Gardner). Einar holds a grudge against Jean because he feels she's responsible for his son's accidental death, but he reluctantly lets her stay at the farm when he learns that she's trapped in a violent relationship. Over time, they grow closer and try to heal their emotional wounds.

Some regularly scheduled programs:

Wheel of Fortune: *Mondays other than 1st Monday at 1:00* You can play either in person at the center or via zoom.

Technology Assistance: *Tuesdays and Wednesdays, 1:00 pm* James offers assistance with any of your devices. Contact us to schedule your free appointment.

Stitch by Stitch Quilting: *Tuesdays & Fridays at 10:00*

Investment Club – Tuesdays 1:30 pm

Meet weekly in the Community Room to share money lessons and tips on stocks and portfolios.

Women's Pool: *Tuesdays 12:00 –2:00*

Men's Pool: *Tuesdays at 2:00 –4:00*

These groups get together every week to play pool. No experience necessary.

Art Class: *Wednesdays or Thursdays at 10:00*

Dominick Tomanelli, a gifted artist in many mediums, leads this weekly class. \$35 for a 6 week session.

Sit n Stitch: *Wednesdays at 10:00*

Novice to experienced knitters are welcome! If you need help, there is always someone to offer it.

Cards and Games: *at 1:00* This is a great time to put a group together to play your favorite game.

Blood Pressure Screening: *Wednesdays & Thursdays at 9:00-12:00*

French Conversation Class: *Thursdays 9:00 am*

This casual class with Claire Tuffereau is for those who have a basic knowledge of French and want to keep that alive, \$30 for a 6- week session

Cornhole: *Mondays & Thursdays at 3:00*

Show your cornhole skills and have some fun. Show up and join a team.

Spanish: *Every Friday at 9:00 am* Tatiana makes learning Basic Spanish a fun activity. Sign up for free.

“Free Dance”: *Fridays at 11:00 am* Tatiana is back to lead us in an enjoyable way of movement.

Crafts: *Fridays at 1:00* This group gets together every week to work on crafts for the craft fair.

This is a good time to purchase their items at the Sunshine Boutique for holiday gift giving.

EXERCISE AT THE SENIOR CENTER

Zumba: *Mondays or Wednesdays at 9:30am*

Zumba is the type of exercise you'll want to do every day and feel good about! Six week session is \$30

Bodies in Motion: *Mon., Wed. and Thurs. at 11:00* Easy-to-follow free class with up-beat music .

Tai Chi/qigong: *Tuesdays at 10:00*

Improved stress reduction, balance, and agility is the focus of Tai Chi. Led by Dee Calvey. Six-week session is \$30

Chair Yoga: *Tuesdays at 1:00* Yoga classes weekly led by instructor Beverly Steiger. Six week session is \$30

Movers and Shapers: *Thursday, 9:30 am* One-hour variety of exercises designed to increase strength, endurance, and range of movement. Led by certified instructor Coleen Krempel, a six-week session is \$30

Sittercise: *Wednesdays at 12:30* Sittercise is a free 45-minute exercise program designed for use with all levels of ability including the physically challenged. Led by Eileen Walther

After Hours Yoga: *Wednesdays at 5:15* Yoga classes weekly with instructor Lara Ward.

Six week session is \$30.00.

Moderate Yoga: *Tuesdays at 9:00* with Lara Ward, *Fridays at 10:00* led by instructor Beverly Steiger



Thanks
To Friendship Tours for a full day of fun day at Kruckers for Oktoberfest. Pictured here: Loraine and our tour guide Karen.



Walking Club:

November 4 at 9:30: Sherman Track

November 11 at 9:30: Farrington Park Exit 1 off 84

November 18 at 10:30 Walking Club Meeting

November 25 at 9:30: Wooster Cemetery

Trip Presentation: Alpine Lakes and Scenic Trains:

Thursday, November 6 at 1:00

Come learn more about this great trip. Highlights includes: Bernina Express Train, Glacier Express Train, Lake Maggiore, Borromeo Palace, Zermatt, St. Moritz, Lucerne, Mount Pilatus, and a Family-Run Farm Experience.

Garden Club: *Friday, November 7 at 10:00 am*

Guest Speaker: Radio Talk Show Host: That Garden Guy: John Ganim

Garden Club members meet the first Friday of every month. Newcomers are welcome. Odd months we meet at the Senior Center, even months we meet at Putnam Diner

Photos in the 70's: *Thursday, November 13 at 1:30*

Join us for a presentation showcasing Arthur Nager;s remarkable photography journey over the last 50 years.

Cooking with Puti: *Friday, November 14 at 12:00*

Puti Malavenda is coming back to warm our heart with her recipe for White Rice and Black Beans. Sign up and join us. **Tasting** is available.

Intuitive Readings: *Monday, November 17 at 1:00*

Intuitive readings are sessions where a professional reader will read your energy vibrations. Readers are usually empaths and healers who are sensitive to other's energy. These people can sense what is going on in your life. Based on the issues they will work with you to empower you. Sign up for your 15 minutes with Courtney Stark for \$15.00.

Origami with Dirk:: *Tuesday, November 18 at 1:00* Dirk Fernandez will be here to lead a class in Origami. Everyone will be making their own Origami gift box and bag . All materials will be supplied.

Patsy's Play Makers: *Wednesday, November 19 at 1:00*

Patsy Goodman is at it again. Join the fun as Patsy's Play Makers present their latest comedies.

Friends of the Senior Center Meeting – *Wednesday, November 19, 3:00* The Friends are always looking to welcome new members and fresh ideas for their projects and fundraising

Provence Trip Presentation:

Wednesday, November 19 at 1:30

Learn more about the Magic of Provence.

Women's Book Club: *Thursday, November 20 at 11:00*

We will be reading "The Frozen River" by Ariel Lawhon. There is a monthly fee of \$4.

Dental Hygiene: *Thursday, November 20 at 1:30*

Come meet Dr. Alexandra Halpin., the new dentist at New Fairfield Dental. Learn about dental hygiene. Discover valuable tips for maintaining healthy smiles.

Red Hat Luncheon : *Tuesday, November 25 at 1:00*

December

Beach Boys Presentation: *Wednesday, December 10 at 1:30*

Discover the legacy of the Beach Boys. Join us for a presentation with Steve Armstrong. Experience the sounds and stories of the legendary Beach Boys.

Burial with Green Funeral Home: *Thursday, December 11 at 1:30* We invite you to attend an informative presentation on burial options. This session will cover everything you need to know about traditional burial practices, the process, and how to make thoughtful, meaningful choices for yourself or a loved one. .



SPECIAL GARDEN CLUB EVENT

Friday, November 7 at
10:00 am

LEE GANIM,
"That Garden Guy"

That Garden Guy, Lee Ganim from Ganim's Garden Center and Florist, has over 45 years of gardening experience and plant knowledge. He has a **BS from UCONN in Ornamental Horticulture** and is always on the cutting edge of new plants!

His talk show can be heard on Sunday morning on WICC 600 AM, where he's been "live" since 2013. That Garden Guy's podcasts can be found on Ganim's Garden Center website.

TRIPS

For complete details, stop in for a flyer or download one from our website:

<http://www.newfairfieldseniorcenter.org/trips>

Your check made out to N.F.S.C. is your reservation for day trips

Please note that your check holds your spot and that our buses are loaded based on the date that you register with your check. We are required to give a final count 4-6 weeks in advance and cannot give you a refund after that time unless another traveler takes your place. If the trip has filled and we have a waiting list, we will attempt to fill your spot and have you reimbursed.



Christmas by Candlelight

Friday, December 5, 2025 Old Sturbridge Village

A Celebration of Favorite Holiday Traditions & Music

Like a holiday card come to life

Stroll through a magical candlelit 19th century village, listen to Victorian Carolers, enjoy a horse-drawn sleigh ride and a sing-a-long

Lunch at Publick House serving traditional Yankee fare

Bus departs 12:00 pm from the Upper Parking spots

Est. Return :9:00 pm Cost: \$162

*Tuscany and the Italian Riviera
with Collette*

May 1-9, 2026 • 9 days • 12 Meals, 7 Breakfasts, 1 Lunch, 4 Dinners

Turin, La Spezia, Tuscany

For more information visit: <https://gateway.gocollette.com/link/1333462>



Visit the [Trip page](#) on our website to see more

Thanks

to The New Fairfield Housing Opportunities Committee
for creating an executive plan for New Fairfield.

Read it on the Housing Opportunities page of the Town website

<https://www.newfairfield.org/our-town/boards-and-commissions/housing-opportunities-committee>



Thanks

Thanks to Cozy Oak Gardens for bringing us so many beautiful Summer & Fall flowers and to

Dom's Garden Center for helping us spruce up the front.

Many Thanks to Alice Benedict for her vigilant care of our gardens!



New Fairfield Senior Center

33 Route 37

New Fairfield, CT 06812

Phone (203) 312-5665

Things are always changing at the Senior Center. Stay up to date at our web-site:

<https://www.newfairfieldseniorcenter.org/>



Gunther is Pictured here with his citation from the CT Legislature and State Senator Julie Kushner and State Representative Ken Gucker

Thanks

to Gunther Bohnsack for many years of volunteering.

Thanks especially for the past 7 years of leading us 3 times a week in Bodies in Motion!



**** HOLIDAY
LUNCHEON
PARTY**
**Thursday, December 18
12 pm**
**Tony T Entertainment
\$20**